



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

Sept. 14, 2009

MEDIA CONTACTS

Paula Freund
Public Information Officer
Indy Parks & Recreation
E-mail: pfreund@indy.gov
Office: (317) 327-7035
Cell: (317) 442-7578

Jenny Evans
Marketing Coordinator
Indy Parks & Recreation
Email: jrevans@indy.gov
Office: (317) 327-7030
Cell: (317) 750-3724

WALK WITH FIRST LADY OF INDIANAPOLIS WINNIE BALLARD THIS WEDNESDAY

SIX-WEEK WALKING SERIES AT NORTHWESTWAY PARK PROMOTES HEALTH AND WELLNESS

INDIANAPOLIS – (Sept. 14, 2009) Explore Northwestway Park with First Lady of Indianapolis Winnie Ballard on Wednesday as her six-week walking series to promote health and wellness continues! Experience how walking can contribute to a healthy lifestyle. The series is free and open to the public.

“Walking regularly is a great form of moderate exercise that increases a person’s overall health and well-being,” said First Lady of Indianapolis Winnie Ballard. “Join me in making exercise such as walking a part of your daily routine.”

The next Walk with First Lady Winnie Ballard walk at Northwestway Park will be at 8 a.m. Wednesday, Sept. 16. The walking course offers a 1.6-mile loop or 3.2-mile distance.

WHO:

FIRST LADY OF INDIANAPOLIS WINNIE BALLARD

WHAT:

WALK WITH FIRST LADY WINNIE BALLARD SIX-WEEK WEDNESDAY WALKING SERIES

WHERE:

NORTHWESTWAY PARK, 5253 W. 62ND ST.

WHEN:

WALKS BEGIN AT 8 A.M. EVERY WEDNESDAY THROUGH OCT. 14

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